



The Inside Scoop

Education & Ice Cream

Nutrition and Aging

Tuesday, May 16, 6:00 p.m.

Do you have questions about nutrition and its effects on aging?

Learn how your diet may help you cope with some common age-related conditions. The discussion will also touch on nutrients that may promote enhanced mobility in later years as well as some common drug-nutrient interactions that may be of concern.

Dr. Jeremy Cayer, Healing Touch Chiropractic,
who also has an M.S. in Applied Clinical Nutrition, will lead the discussion.

Adults of all ages are welcome to attend.

(5:15 p.m. Fried Chicken Dinner \$5.00, Sign-up by Thursday, May 11)

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

FREDERICK COUNTY
Department
of Aging

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